

**S.M.A.R.T.**

**Goals Sheet**

**Did you achieve this goal?**

Yes \_\_\_\_\_\_\_\_

Not quite… when I get home will

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Timed – WHEN?**

**Relevant – EXPECTED RESULT?**

**Measurable– HOW?**

**Specific – WHO? WHAT?**

**Attainable – REASONABLE?**

YES \_\_\_\_\_\_\_\_\_\_\_\_ NOT QUITE I WILL ASK FOR HELP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_